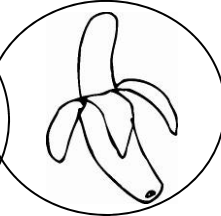
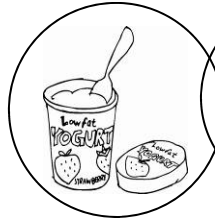
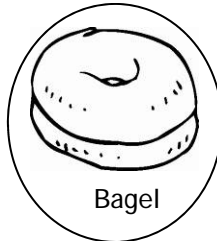
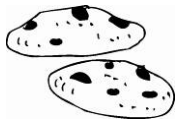
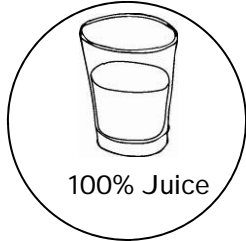


# Healthy Heart

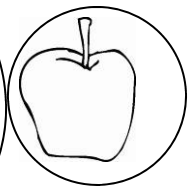
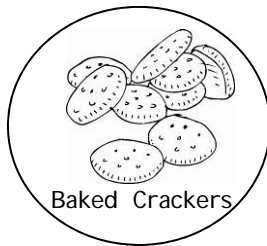
## Answer Key—Choosing Healthy Foods

Name: \_\_\_\_\_

Circle four foods that would make the most healthful breakfast.

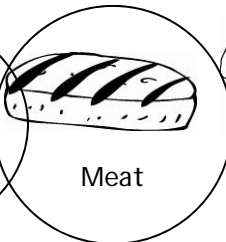
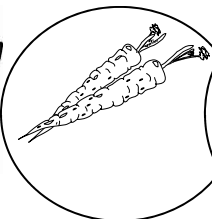
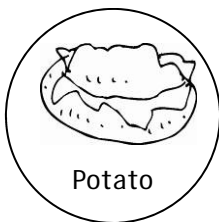


Circle four foods that would make the most healthful lunch.



String Cheese

Circle five foods that would make the most healthful dinner.



Developed by: Denise Zimmer, R.D. Eat Smart Be Smart Guide: Lesson 1st—Healthy Heart

# Eat Smart Be Smart

Design by K. Pullman RD, LN—2008